

TO: Helpline Members

FROM: Rev. Marge Ragona, MCC

RE: Helpline Meeting, 5/14/85

DATE: 5/21/85

Enclosed you will find a list of the people who were present for the first Mobile Helpline meeting. Please consider the list "private" if not confidential. Its purpose is to help people keep in contact with ideas, questions, etc.

As promised, her is the list of who^m people said they would contact:

VIVIAN - Rape Crisis Center

Mike Brock

Kathy Moore, NOW, LRC

Sr. Lupe

Little Flower priest

CONTACT

Nancy to contact Karen Trent, Villa Mercy

Charles McKinley at the Food Bank

SHIRLEY: Gay psychologist at the University

JOHN: Joseph Smith, psych nurse

Birmingham Dignity re Fr. Donnelly

Pensacola and other Dignity chapters

See about use of recreation lodge at apt. complex

HARRY: Cathedral of Immaculate Conception - Father Zoghby

Bru Head

See about cost of using Bay Treat Retreat Center

DEBBIE: Beverly Mann, counselor

MARGE: Jeanette and Diane

Richard Perez, Osiris

Public Health Department nurse

Jean Smith, PFLAG

Religious community - Unitarians

Unity

Quakers

St. Peter's

any others

We were also to try to find a mailing address for the Rainbow Society for deaf gays. John was to bring a cake for the next meeting. The next meeting would be on May 30, 1985, at 7:30 p.m. at 2204 Old Government Street.

The meeting re Gay Pride has been put off for a week, further notice from Harry.

Note is made to remind men that free blood testing is available from the Health Department re AIDS, please call them for information.

John and Marge are to work up a rules-for-your-own-protection list for Helpline members.

Thanks to you all.

HELPLINE MEMBERS

MS. PAT BROWN
2204 Old Government Street
Mobile, Ala. 26606

476-9142

VIVIAN GILLAN
1102 Chent Street
Mobile, Ala. 36605

473-2336

DEBBIE KAY
Box 6787 Loop Sta.
Mobile, Ala. 36606

433-6006

SHIRLEY LAMBERT
4101 Belvedere Street
Mobile, Ala. 36609

661-5707

ELIZABETH A. MARTIN
19 S. Carlen Street
Mobile, Ala. 36606

478-1591

JOHN F. PETTIBONE
919 Carlyle Way East #163
MOBILE, ALA. 36609

342-7891

HARRY TARVER
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AGENDA

10:00 - 10:30 CHECK-IN

10:30 - 12:30 CRISES

12:30 - 1:00 LUNCH

1:00 - 1:30 CONFLICT

1:30 - 3:00 SUICIDE

3:00 - 3:15 BREAK

3:15 - 4:45 SEXUALITY

4:45 - 5:15 CHECK OUT

PLEASE RESPECT EACH OTHER'S
CONFIDENTIALITY. ANYTHING SHARED
IN THIS ROOM STAYS IN THIS ROOM.

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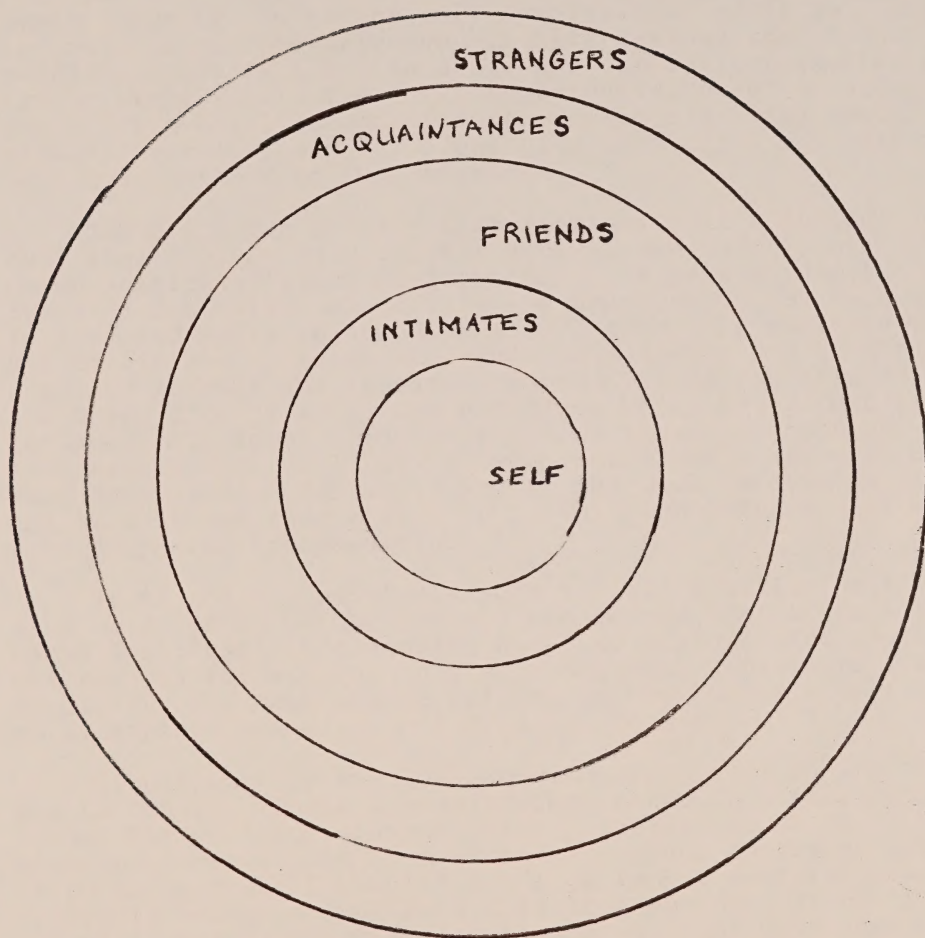
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PRIVACY CIRCLE



*CALLS WITH SUICIDAL INTENTION

When a person is in a state of crisis has reached the extreme limits of his coping responses and is feeling the depths of frustration and depression, his thoughts may turn to suicide. A person in a suicidal state is feeling HELPLESS and HOPELESS. Death seems to him as the only available alternative. However, intervention is possible even in this serious condition. A suicidal state is a crisis state and the characteristics of a crisis state exist, i.e., (1) a person is "open" to accepting help, (2) a small amount of intervention can bring about dramatic results, and (3) a positive resolution may lead to better adjustment to future crises.

There are two primary characteristics of a suicidal person that should be noted: (1) his ambivalence and (2) his communication of suicidal intentions. A person in a suicidal state is ambivalent about life and death, i.e., he both wants to live and wants to die at the same time. He wants to meet his crisis and to avoid it. This ambivalence can be seen when a person ingests barbiturates and then seeks out help or makes a suicide attempt at a time and place where he is most likely to be quickly found. The strength of these two impulses (to live and to die) will vary between individuals and within the same individual. For most people, the will to live is stronger and this is why they call. It is this ambivalence that makes suicide prevention possible.

It is not a counselor's role to tell a caller he should live as it would not be to tell him to die, for to do so, is often fruitless. A counselor needs to explore with a caller, his reasons for wanting to die, along with reasons to live. Hopefully, his ambivalence will allow the caller's will to live to strengthen and lead to a decision to live.

People, who are suicidal, communicate their desire to die to others. These communications occur in a variety of forms, but an alert observer will perceive them. The most obvious communication is a verbal statement to the effect that "I am going to kill myself" or "I no longer want to live." Sometimes verbal communication is less obvious, "I can't go on, I feel so bad." Most people who are suicidal give some verbal indication either direct or indirect of their intentions. However, many signals of suicide are non-verbal. Emotional level is one indicator. Both acute and chronic sadness or depression, when present with other indicators may signal suicide. Behavioral actions are also indicative. For example, the sudden giving away of possessions or the preparation of a will. The purchasing of a firearm or pills. The signs may often be

noticed but unheeded by family members. Counselors must be aware of these messages.

A crisis call that involves suicidal intention can be handled according to our model for crisis calls if one specific step is added. Our usual model is:

- (1) Offering of emotional support.
- (2) Clarification of stresses and situations.
- (3) Mobilization of immediate resources.
- (4) Goal setting.
- (5) Termination and referral.

With a suicide call, we want to add and focus on the step of the Assessment of Suicidal Potential and to emphasize the mobilization of the caller's immediate resources.

Suicidal potential refers to the probability that a person will engage in self-destructive behavior. There now exist, a number of criteria to be used in assessing suicidal potential. No single criteria is absolutely positive. It is the pattern of criteria that should be rated.

CRITERIA FOR ASSESSING SUICIDAL POTENTIAL

(1) AGE AND SEX: Statistics reveal that the suicide rate increases with advancing age and that men are more successful in killing themselves than are women, although women attempt more frequently. The seriousness of a suicidal communication increases with age and also if the caller is male. A communication from an older male is more dangerous than from a young female. An older woman's threat is more dangerous than that of a young male. A caller's age and sex provide a framework in which to use other criteria.

(2) MOOD: If a caller's mood is tired, depressed or "washed out," then suicidal risk is higher than if he sounds in control of himself. Also, exuberance, flight of ideas, screaming and yelling are ominous signs. A strong denial of suicidal intentions is a definite danger signal as is a marked improvement in mood during the contact. Mood should be carefully evaluated.

(3) PRIOR ATTEMPTS: In 75% of actual suicides, there have been previous suicidal attempts. A report of a previous attempt or attempts increases the level of suicidal potentiality.

(4) ACUTE OR CHRONIC SITUATION: If a caller's stress is sudden and acute, then greater immediate danger exists than in a chronic reoccurring situation.

(5) MEANS OF SELF-DESTRUCTION: Shooting, jumping, and hanging are the most deadly means of self-destruction. If a caller is threatening one of these methods, then the threat is serious and danger high. Pill taking, wrist cutting, use of gas are slower, still deadly, but a person considering these means may not be as serious an immediate threat as the first three methods.

(6) DETAILS OF THE METHOD: If a caller has specified the time, place, and other details of his suicidal plan, along with a method, then danger is higher than when details remain vague and indefinite.

(7) RECENT LOST OR SEPARATION FROM A LOVED ONE: Danger increases if there is a recent death of a loved one and/or divorce or separation. Separation need not have occurred, but could be pending.

(8) MEDICAL SYMPTOMS: Medical symptoms of a serious chronic nature increase potentiality of suicide. This is especially true if the person is older.

(9) RESOURCES: If a caller is under financial stress, has few friends, is all alone and, in general, has few resources, then suicidal potential increases.

(10) COMMUNICATION: If communication with significant others has deteriorated, or is non-existent, risk increases. If there is no one to talk to, the situation is serious.

These ten criteria are the primary ones for use in assessing suicidal potential. Much misconception has existed about suicide. The following fables about suicide are presented to dissell some of these false beliefs.

****FABLE:** People who talk about suicide don't commit suicide.

FACT: Of any ten persons who kill themselves, eight have given definite warnings of their suicidal intentions.

FABLE: Suicide happens without warning.

FACT: Studies reveal that the suicidal person gives many clues and warnings regarding his suicidal intentions.

FABLE: Suicidal people are fully intent on dying.

FACT: Most suicidal people are undecided about living or dying, and they "gamble with death," leaving it to others to save them. Almost no one commits suicide without letting others know how he is feeling.

FABLE: Once a person is suicidal, he is suicidal forever.

- FACT: Individuals who wish to kill themselves are "suicidal" only for a limited period of time.
- FABLE: Improvement following a suicidal crisis means that the suicidal risk is over.
- FACT: Most suicides occur within about three months following the beginning of "improvement," when the individual has the energy to put his morbid thoughts and feelings into effect.
- FABLE: Suicide strikes much more often among the rich-- or, conversely, it occurs almost exclusively among the poor.
- FACT: Suicide is neither the rich man's disease nor the poor man's curse. Suicide is very "democratic" and is represented proportionately among all levels of society.
- FABLE: Suicide is inherited or "runs in the family."
- FACT: Suicide does not run in families. It is an individual pattern.
- FABLE: All suicidal individuals are mentally ill, and suicide always is the act of a psychotic person.
- FACT: Studies of hundreds of genuine suicide notes indicate that although the suicidal person is extremely unhappy he is not necessarily mentally ill.

*Excerpted from: Johnson, Daniel H., Helpline Training Manual, 1974.

**From Some Facts about Suicide by E. S. Shneidman and N. L. Farberman, Washington, D.C., PHS Publication No. 852, U. S. Printing Office.

THE MENTAL HEALTH ASSOCIATION

COMMUNITY SERVICE GUIDE

"Help Is Just A Call Away"

Sponsored By:



Mental Health Association In Mobile County, Inc.

951 Government Street, Suite 307

P.O. Box 66001

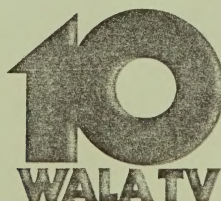
Mobile, Alabama 36660

(205) 438-2129



A UNITED WAY AGENCY

And



EMERGENCY ASSISTANCE

Emergency, Fire, Police, Ambulance, Rescue	911
Alabama State Troopers	661-4993
Ambulance	432-4433
Battered Women	432-1730
County Sheriff	690-8633
Crisis Counseling	473-4423
Drug/Poison Information Center	1-800-292-6678
Federal Bureau of Investigation	438-3674
Fire Department (Mobile)	438-7311
Forest Ranger	1-800-672-6912
Contact Mobile	342-3333
Information & Referral (D.P.S.)	694-2745
Men's Anonymous for Non-Violence	479-8950
Mobile Community Organization	433-9502
Mobile Rescue	432-4433
Police (Mobile)	438-7211
Rape Crisis	473-7273
Red Cross	438-2571
Service Center (Food & Clothing)	432-4096
Traveler's Services	438-1625
U.S. Coast Guard	690-2211

AGED

Adopt-A-Friend	438-2129
Adult Protective Service (DPS)	694-2719
Area Agency on Aging	433-6541
Caregivers Program	433-3206
Cathedral Place Apartments	433-6517
Central Plaza Towers	473-4482
Crowns (Coping Problems)	473-4423
Day Care for Elderly	478-3311
Franklin Clinic	432-4117
Gulf Coast Home Health Agency	473-8681
Hire Older Workers	460-4358
Home Health Nursing	690-8130
Home Nursing Services, Inc.	479-8920
Information & Referral	694-2745
Legal Advocacy for Elderly	479-0649
Mid-South Home Health	471-3856
Operation "Good Morning"	479-0631
Quality Care	476-8212
Retired Senior Volunteer Program	478-7787
S.A.I.L. (Meals)	433-6541
Senior Citizen Services (Mobile)	478-3311
Senior Citizen Services (Prichard)	457-3381
Senior Companion Program	471-3313
Social Security	690-2222
Visiting Nurses Association	438-4731
Y.M.C.A.	438-2130

ALCOHOL & DRUG PROBLEMS

Al-Anon Family Groups	470-9166
Alcoholics Anonymous	432-5896
Brookwood Lodge	633-0900
Center For Life Decisions	432-5414
Charter Southland	432-8811
Crossroads	476-2800
Dauphin Way Lodge	438-4729
Doctor's Hospital, Unit I	433-4666
Gateway Drug Treatment (MHC)	473-4423
Home of Grace For Women	456-7807
M.A.D.D.	675-3403
Mission of Hope Farm (Men)	649-0830
NCASWA Council on Alcoholism, Inc.	433-5456
New Leaf	661-6635
Parade Against Drugs	473-3673

CHILD ABUSE

Boy's Clubs	432-1235
DPS - Abuse & Neglect	432-8570
Juvenile Division - MPD	438-7301
Parents Anonymous	342-3333

CHILDREN & YOUTH

Adolescent Program	432-8811
Albert Brewer Center	633-0400
Board of School Commissioners	690-8083
Boy Scouts	476-4600
Boy's Clubs	432-1235
Catholic Children/Family Services	438-1603
Child Day Care (DPS)	432-8570
Child Day Care Association	
Annie L. Harrison Center	433-1310
Roger Williams Center	473-4063
Child Welfare Information	432-8570
Child, Youth, & Family Services (MHC)	432-0233
Children's Dental Clinic	690-8140
Children's Learning Disabilities Program	479-9699
Christian Home Service Board	452-4243
Community Activities	438-7129
Cornerstone	666-6005
Counseling (MHC)	473-4423
Crippled Children's Services	479-8611
Dumas Wesley Child Day Care Center	479-0649
Family Counseling Center	471-3466
Florence Crittenton Home	479-8585
Franklin Clinic	432-4117
Girl Scouts	344-3330
Head Start (Mobile Community Action)	457-5700
Infant Stimulation	479-1234
Job Corps	342-8640
Learning Disabilities (Rotary Clinic)	431-3428
Libra House	433-7677
Libra House Group Home	433-9053
Maternity & Infant Care (Bd. of Health)	690-8120
Mental Health Association	438-2129
Mental Health Center	473-4423
Mobile County Youth Crisis Center	690-8453
Mobile County Health Department	690-8158
Recreation Department	438-7472
Red Cross	438-2571
Rotary Clinic/Learning Disabilities	431-3430
St. Mary's Home	344-7733
School Counseling & Health Service	690-8200
Sojourn	433-4333
Spring Hill School/Special Children	342-3122
Teen Line (Crisis Line)	433-8336
The Learning Tree	649-4420
Wilmer Hall	342-4931
USA Child Psychiatric Clinic	471-7476
Y.M.C.A.	438-2130
Youth Center	476-1450
Y.W.C.A. (Dericotte)	478-8489

CLOTHING

Goodwill Industries	471-1581
Jr. League Thrift Shop	471-2189
St. Vincent de Paul	432-5173
Salvation Army (Mobile)	438-1625
Salvation Army (Prichard)	452-2036
Service Center	432-4096
Wilmer Hall Thrift Shop	471-3017

DISASTER

American Red Cross	438-2571
Civil Defense	460-8000
Salvation Army	438-1625

DRUG THERAPY

Brookwood Lodge	633-0900
Center For Life Decisions	432-5414
Charter Southland	432-8811
Crossroads	476-2800
Doctor's Hospital, Unit I	433-4666
Gateway Drug Treatment (MHC)	473-4423
New Leaf	661-6635

EMPLOYMENT

Boy's Club (Youth)	432-1235
J.T.P.A. (formerly C.E.T.A.)	476-3090
Hire Older Workers	342-8640
Job Service	342-8640
Mobile Urban League	432-1748
Vocational Rehabilitation Services	479-8611

FAMILY & MARRIAGE

Agape	666-5002
Catholic Social Services	438-1603
Dumas Wesley Community Center	479-0649
Family Counseling Center	471-3466
Family Planning (Board of Health)	690-8113
Follow Up & After Care (MHC)	473-4423
Formerly Married	432-2346
Parents Without Partners	457-0517
Penelope House	432-1730
School Board Counseling Service	690-8200

FINANCIAL

Aid To Dependent Children	690-6216
Better Business Bureau	433-5494
Child Support (DPS)	690-6233
Dept. of Pensions & Securities	694-2745
Social Security	690-2222
Unemployment Claims	342-0820
Veterans Affairs	690-8578

FOOD

Agency's Food Bank	432-3208
Food Stamps	432-1163
Loaves & Fish	433-1842
S.A.I.L. (Meals)	433-6541
Salvation Army	438-1625
Service Center	432-4096
W.I.C.	690-8829

HEALTH PROBLEMS

American Diabetes Association	1-800-824-7891
American Red Cross	438-2571
Arthritis Foundation	471-1725
Cancer Society	476-5406
Cerebral Palsy	479-1234
Cystic Fibrosis	476-5959
Easter Seal Rehabilitation Center	478-8582
Epilepsy	432-0970
Genetic/Birth Defects Center	476-6325
Heart Association	343-5982
Home Health (Nursing) Services	438-2129
Kidney Foundation	433-9040
Lung Association	433-1849
March of Dimes (Birth Defects)	479-9267
Medical Society	433-1804
Medicare	690-2222
Mobile County Health Department	690-8158
Multiple Sclerosis	473-1684
Muscular Dystrophy	1-504-454-6024
Regional School for Deaf & Blind	633-0241
School Health Services	690-8200
Sickle Cell Anemia	476-7778
Tel-Med	471-7030
V.A. Outpatient Clinic	690-2875
V.D. Clinic	690-8153
Visiting Nurse Association	438-4731

HOSPITALS & CLINICS

Charter Southland	432-8811
Doctor's Hospital	438-4551
Franklin Clinic	432-4117
Genetic/Birth Defects	476-6325
Knollwood Park Hospital	661-5020
Mobile Infirmary	431-2400

HOSPITALS & CLINICS (continued)

Providence Hospital	438-7611
Rotary Clinic	431-3417
Searcy State Hospital	432-1480
Springhill Memorial Hospital	344-9630
Suburban Hospital (Satsuma)	675-1541
U.S.A. Medical Center	471-7000
V.A. Outpatient Clinic	690-2875
V.D. Clinic	690-8153
Villa Mercy Hospice	626-2694

HOUSING

Cathedral Place Apartments	433-6517
Central Plaza Towers	473-4482
Mobile Housing Board	438-7536
Prichard Housing Authority	456-3324
Salvation Army	438-1625

LEGAL

Attorney Referral	433-9790
Bankruptcy Court (U.S.)	690-2391
Legal Advocacy for Elderly	479-0649
Legal Services	433-6560
Mobile Legislative Delegation	660-1023
Probate Court	690-8502
State Parole/Probation Office	690-6482

MENTAL HEALTH

Bayview Professional Associates	661-6633
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Penelope House-Counseling Services	479-8950
Personal Adjustment Center	471-1502
Recovery, Inc.	438-2129
Spring Hill School for Special Children	342-3122
U.S.A. Teaching Clinic	471-7476
Vocational Rehabilitation Services	479-8611

MENTAL RETARDATION

Albert Brewer Center	633-0400
Association for Retarded Citizens	479-7409
Baptist Children's Home	342-5681
L'Arche Mobile (Hope)	438-2094
Public School/Special Education	690-8347

PHYSICALLY HANDICAPPED

Caregivers Program	433-3206
Cerebral Palsy	479-1234
Crippled Children Services	479-8611
Easter Seal Rehabilitation Center	478-8582
Goodwill Industries	471-1581
Mobile Association for the Blind	473-3585
Mulherin Custodial Home	471-1998
Nursing Homes	438-2129
Pre-School for the Deaf	471-6262
Rotary Clinic	431-2339
Services for the Blind - Library	479-7472
The Learning Tree	649-4420

PRE-NATAL

Agape	666-5002
Childbirth Education Association	344-9984
Choice	344-8224
Emergency Pregnancy Service	471-6101
Florence Crittenton Home	479-8585
Health Horizons	342-1000
LaLeche League	473-9849
Maternity & Infant Care	690-8120

PRE-NATAL (continued)	
Red Cross	438-2571
Sav-A-Life	342-3131
W.I.C. (Pre-Natal/Pregnancy/Women)	690-8829

RAPE

Emergency	911
Police	438-7211
Rape Crisis Center	473-7273
Sheriff	690-8633

RECREATION

Boy Scouts	476-4600
Boy's Club	432-1235
Boy's Club (Crichton)	478-7811
Catholic Youth Organization	438-1507
City Recreation	438-7472
Community Activities Program	438-7128
Girl Scouts	344-3330
Mentally Restored (Phoenix Club)	438-2129
Mobile Public Library	438-7073
Senior Citizens Services	478-3311
Y.M.C.A. (Chandler Branch)	344-4856
Y.M.C.A. (Dearborn)	432-3037
Y.M.C.A. (Downtown)	438-1163
Y.W.C.A. (Juliette Dencotte)	478-8489
Community Activities Program	438-7128

REHABILITATION

Easter Seal Rehabilitation Center	478-8582
Goodwill Industries	471-1581
Mobile Association for the Blind	473-3585
Rotary Center - Spinal Injuries	431-2339
Vocational Rehabilitation Services	479-8611
Y.M.C.A. (Downtown)	438-1163

SELF HELP

Adult Education	690-8341
Al Anon Family Groups	470-9166
Alcoholics Anonymous	432-5896
Alzheimers Disease	(ext. 520) 438-4551
Association for Downs Syndrome	661-1384
Church for the Deaf	452-9596
Compassionate Friends	471-1511

SELF HELP (continued)

Emotions Anonymous	342-5035
Emphysema Anonymous	457-6619
Family Support Group (Schizophrenics)	438-2129
Follow Up & After Care (MHC)	473-4423
Gam Anon - Families	478-6868
Gamblers Anonymous	473-6063
J.T.P.A.	476-3090
Job Corp (Youth)	342-8640
Men's Anonymous For Non-Violence	479-8950
Mobile Community Action	457-5700
Mobile Urban League	432-1748
Narcotics Anonymous	438-2129
Parents Anonymous	342-3333
Recovery, Inc.	438-2129
Recreation Dept. - Community Activities	438-7128
Survivors of Suicide	438-2129
Terrap Program (Agoraphobia)	344-1482
U.S. Singletons	666-4549

SEXUAL CONCERNS

Catholic Social Services	438-1603
Family Counseling Center	471-3466
Mental Health Center	473-4423
Potency Restored	(ext. 645) 438-4551
Rape Crisis	473-7273
Tel-Med	471-7030

TRANSIENT HOUSING

Mobile Rescue Mission (Men)	433-1847
Salvation Army (Men)	438-1625
Salvation Army (Women/Children)	438-1075
Traveler's Services	438-1625

VETERANS

Red Cross	438-2571
V.A. Outpatient Clinic	690-2875
Veterans Affairs	690-8578
Veterans Center	694-4194

VOLUNTEERS

Caregivers Program	433-3206
Red Cross	438-2571
R.S.V.P.	478-7787
Volunteer Mobile	479-0631

BALDWIN COUNTY

Bay Minette Infirmary	937-5521
Board of Health: Bay Minette	(Ext. 217) 928-0860
Dept. of Pensions & Security: Bay Minette	937-2551
Legal Services: Bay Minette	928-0067
Mental Health Center: Bay Minette	937-2010
Villa Mercy Hospice: Daphne	626-2694
Y.M.C.A. (Eastern Shore Outreach) Daphne	626-9179
Board of Health: Fairhope	928-5504
Family Planning: Fairhope	928-1103
Mental Health Center: Fairhope	928-2871
Social Security: Fairhope	928-2310
South Baldwin Hospital (Foley)	943-5051
Thomas Hospital: Fairhope	928-2375
Health Office: Foley	943-2342
Mental Health Center: Foley	943-6646
Transitional Home: Foley	943-1430
Food Stamp Office: Robertsedale	947-7325
Mental Health Center: Robertsedale	947-7331
Mental Retardation: Robertsedale	947-7304

Courtesy of:

YOUR MENTAL HEALTH ASSOCIATION

In Cooperation With



A UNITED WAY AGENCY

WHEN A LOVE-RELATIONSHIP ENDS:

DISENGAGING

I. DENIAL: It'll never happen to me!

Ending a love-relationship may be the greatest emotional pain a person will ever experience. The pain is so great, in fact, that one may react with denial or disbelief. This only prevents one from facing the important question, "Why did my love-relationship have to end?" There are rarely simple answers, so it will take some time and effort. Until one can accept the ending, there will be difficulty adjusting and rebuilding.

II. From LONELINESS to Aloneness.

It is natural to feel extreme loneliness with a love-relationship ends. But healing can come from pain, if you listen to it. You can learn how to grow through loneliness to the stage of aloneness -- where you are comfortable being by yourself.

III. GUILT vs. REJECTION.

Some end love-relationships while others have it ended for them. The adjustment process differs since those who end the relationship feel more guilt and those who have it ended for them feel more rejection. They also start their adjustment at different times. Those who end the relationship start their adjustment while still in the relationship. Those who have the relationship ended for them start adjusting later. For the mutuals, people who jointly decide to end the relationship, the adjustment process is somewhat easier.

IV. GRIEF: Big boys -- and girls -- do cry.

Grief is an important part of the disengagement process. You need to work through grief's emotions in order to let go of the dead love-relationship. An intellectual grasp of the stages of grief can help you become emotionally aware of grief. Then you can do the grieving that you may have been afraid of before.

THE HISTORY OF THE

REPUBLIC OF THE

UNITED STATES OF AMERICA

The history of the Republic of the United States of America is a story of the struggle for freedom and justice for all. It is a story of the founding of a new nation, of the growth of a great people, and of the triumph of the American dream. The story begins with the first settlers who came to this land in search of a better life. They found a land of opportunity and freedom, and they built a nation that has stood the test of time. The story continues with the struggles of the American people for freedom and justice, and it ends with the triumph of the American dream.

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V. ANGER: Damn the S.O.B.!

You will feel a powerful rage when your love-relationship ends. Feeling anger is a natural, healthy part of being human. But anger is different than aggression, which is a destructive form of expressing anger. It's not healthy to keep your anger inside, nor to express it aggressively. You can learn to express both your "divorce" anger and your "everyday" anger constructively.

VI. LETTING GO of the emotional corpse.

At this point in the disengaging process, one needs to give thought to stop investing emotionally in the dead love-relationship. Failure to let go may be a sign that you are not facing some painful feelings within yourself. Those who initiate ending a relationship tend to let go more quickly, often because they have let go even before they left.

VII. SELF-CONCEPT: Maybe I'm not so worthless after all!

It is OK to feel good about yourself. You can learn to feel better about yourself, and thus gain strength to help you adjust better to a crisis. As you successfully adjust to a crisis, you will feel even better about yourself!

VIII. FRIENDSHIPS: Where has everybody gone?

The support you receive from life-line friends is very important and can shorten the time it takes you to adjust to the crisis. You can develop friends of both sexes without becoming romantically and sexually involved.

IX. LEFTOVERS: They're not all in the refrigerator!

Earlier experiences are extremely influential in your life. The attitudes and feelings you develop in relationships with parents, family, friends and lovers are bound to carry over into new relationships, others are not. A common leftover problem, even for adults, is an unresolved need to rebel against prior constraints, such as parental rules. Recognize the valuable leftovers, so you can keep and nourish them; work at changing those which get in the way.

THEORY OF THE PSYCHOLOGICAL

You will find a somewhat more detailed account of the theory of the psychological in the first part of the book. The theory is based on the idea that the mind is a complex system of interacting elements, and that the behavior of the mind can be understood by studying the interactions of these elements. The theory is based on the idea that the mind is a complex system of interacting elements, and that the behavior of the mind can be understood by studying the interactions of these elements.

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X. LOVE thyself as thy neighbor.

Many people need to relearn how to love, in order to love more maturely. Your capacity to love others is closely related to your capacity to love yourself. And learning to love yourself is not selfish and conceited. In fact, it is the most mentally healthy thing you can do.

XI. TRUST: Foundation for healthy relationships.

If you say, "You can't trust people!" you are saying more about yourself than about anyone else. Love-relationships after the break-up often are attempts to heal your love-wound, so many of them will be transitional and short-term. In your new relationships with others, you may be reworking and improving the way you got along with your parents. By building a basic level of trust within yourself, you can experience satisfying emotionally close and intimate relationships.

XII. SEXUALITY: It's beautiful.

When you are first separated, it is normal to be extremely fearful of sex. However, during the adjustment process, you can develop your personal morality to express your unique sexuality. The singles subculture emphasizes authenticity, responsibility and individuality more than rules. So, you can discover what you believe rather than what is expected of you. The great difference in attitudes and values of male and female sexuality appears to be a myth. But, your adjustment could be complicated by the major changes currently taking place in female and male sex roles.

XIII. RESPONSIBILITY: Let's treat each other as adults!

Many relationships that end in divorce were out-of-balance in terms of responsibility. One partner was over-responsible, the other was under-responsible. When couples try to change this system of interaction, it is often the beginning of the end of the relationship. Feelings and attitudes within keep one operating in the under-responsible or over-responsible style; one may have to make some major changes to become adult. Equal responsibility relationships are more flexible and able to adjust to stress and change, and thus are more likely to last.

1. THEORY OF THE EARTH

Many people have been led to believe that the earth is a solid body, and that it is composed of a single mass of material. This is a very common error, and one which is easily corrected. The earth is not a solid body, but a collection of many different parts, each of which has its own characteristics. These parts are the crust, the mantle, and the core. Each of these parts is made of different materials, and each has its own temperature and pressure. The crust is the outermost part of the earth, and it is made of solid rock. The mantle is the part of the earth that lies between the crust and the core. It is made of a material that is hotter than the crust, and it is not solid. The core is the innermost part of the earth, and it is made of a material that is even hotter than the mantle. It is also not solid.

2. THEORY OF THE EARTH'S INTERIOR

It is now known that the earth's interior is not a uniform mass of material, but a collection of many different parts, each of which has its own characteristics. These parts are the crust, the mantle, and the core. Each of these parts is made of different materials, and each has its own temperature and pressure. The crust is the outermost part of the earth, and it is made of solid rock. The mantle is the part of the earth that lies between the crust and the core. It is made of a material that is hotter than the crust, and it is not solid. The core is the innermost part of the earth, and it is made of a material that is even hotter than the mantle. It is also not solid.

3. THEORY OF THE EARTH'S SURFACE

There are two main theories of the earth's surface. The first is the theory of uniformitarianism, which states that the earth's surface has been shaped by the same processes that are still operating today. The second is the theory of catastrophism, which states that the earth's surface has been shaped by a series of sudden, violent events. The theory of uniformitarianism is the one that is most widely accepted today. It is based on the idea that the earth's surface has been shaped by the same processes that are still operating today. The theory of catastrophism is based on the idea that the earth's surface has been shaped by a series of sudden, violent events. The theory of uniformitarianism is the one that is most widely accepted today. It is based on the idea that the earth's surface has been shaped by the same processes that are still operating today.

4. THEORY OF THE EARTH'S HISTORY

The theory of the earth's history is based on the idea that the earth's surface has been shaped by a series of sudden, violent events. This theory is based on the idea that the earth's surface has been shaped by a series of sudden, violent events. The theory of the earth's history is based on the idea that the earth's surface has been shaped by a series of sudden, violent events. The theory of the earth's history is based on the idea that the earth's surface has been shaped by a series of sudden, violent events. The theory of the earth's history is based on the idea that the earth's surface has been shaped by a series of sudden, violent events.

XIV. SINGLENES: You mean it's okay?

In the singleness stage, you emphasize investment in your own personal growth rather than in other relationships. A period of singleness enables you to build confidence in yourself so you can experience and enjoy being single as an acceptable alternative lifestyle, not as a time to be lonely. It is easy, however, to become stuck in this rebuilding block as a means of avoiding another intimate love-relationship.

Wink. THIRTIETH: THE NEW YORK

In the winding road, you remember, I have
not personal regard for the other relationship.
I got out of the road, and as I had no other
means to go, I was forced to go by the same
means as the other, and as I was to be there,
it was easy, however, to know that in the
end of a month or so, I would have another
look at the same.

POSSIBLE MANIFESTATIONS OF GRIEF

STAGE	THINKING	FEELING	PHYSICAL	SOCIAL	COPING MECHANISM
SHOCK (Hours to a week)	Slowed &/or dis- organized thinking. Blocking. Suicidal thoughts. Wish to join deceased.	Hysteria. Outbursts. Euphoria. Blunting. Numbness.	Hyperactivity. Hypoactivity. Physical numbness. Feeling of being out- side the body.	Lack of aware- ness of others. Passivity in rela- tion to others.	Denial. Intellectual- ization. Depersonalization.
PROTEST (1st week to 3 months)	Preoccupied with thoughts of deceased. Searching. Rumination. Dreams of deceased.	Sadness Fear Anger Relief Irritability Guilt	Chest pains Sleep disturbance Fatigue Nausea Weight change Change in appetite	Dependence Seeking help	Regression to earlier patte Projection Introjection
DIS- ORGANIZATION (3 to 6 months)	Confusion Aimlessness Slowed thinking Loss of interest Lowered self-esteem Focus on memories	Sadness Loneliness Depression Meaninglessness Apathy Intense anguish Feeling of unreality	Decreased resistance to illness Deceased's traits & mannerisms adopted	Withdrawn Others avoided Lack of initiative Lack of interest	Regression to earlier level Projection Introjection
RE- ORGANIZATION (6 months to 2 years)	Realistic memory of deceased developed Pleasure in remem- bering experienced Return to previous level of functioning New meaning in life.	Both sadness and happiness ex- perienced.	Return to previous level of physical functioning	New or renewed social relationships. New or renewed interests.	Former coping mechanisms and/or new ones added.

STAGES OF CRISIS COUNSELING

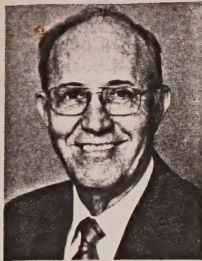
- (1) Assessment of Suicidal Potential: Have they had previous thoughts about killing themselves? Have they ever attempted to kill themselves? How would they kill themselves if they were ever to try? How often do they think about killing themselves? Have they ever talked to anyone before about killing themselves? Is the person in a life-situation where they might be prone to feel helpless and hopeless?
- (2) Establish emotional contact with the client: This is concerned with the formation of a relationship with the client. This process begins by the counselor verbally recognizing and accepting the emotional states of the client. Such emotional recognition and acceptance (empathy) establishes emotional contact and communicates to the client that the counselor is a caring and concerned person. With the establishment of emotional contact and the beginning of a relationship, the client can feel more at ease and begin to deal with his presenting complaint.
- (3) Clarification of stresses, emotions and present situation: The stage of clarification is the primary counseling stage for the restoration of proper functioning to the cognitive level. An effort is made in this stage to help a client obtain a more realistic perception of his primary stresses, his interpersonal relationships, his emotional states, and his current crisis situation as it relates to these stresses, emotions and relationships. The more realistically a client perceives his crisis situation, the better able he is to make appropriate crisis reducing decisions and engage in coping behaviors.
- (4) Mobilization of the client's immediate resources: The term "immediate resources" refers primarily to the client's closest significant others (family, friends, minister, etc) but can include more distant relationships (employer, fellow workers, physician, helping agencies, etc.). When in a crisis a person often does not make adequate use of people around him because: (1) he does not see them as helpful; (2) he does not want to bother them; or (3) he has alienated them by his pre-crisis behavior. The stage of mobilization focuses upon making a client aware of these resources and helping him to make the best use of them.
- (5) Develop short-term goals: Goal setting is the stage of enabling a person to decide what needs to be done, i.e., what coping responses are needed. Goals may need to be suggested by the counselor in a more directive manner than usual. Goals need to be immediately achievable, or very short-term and focused on resolution. Goals must also be behaviorally oriented so that the client knows exactly what he must do for crisis resolution.

- (6) Termination and referral: A person in crisis is very suggestible and places himself in a dependent position when he seeks help. It is important to remove a client from this state of dependency so that he can again experience himself as being an independent individual. This goal is accomplished by allowing the client to direct the flow of contact, leaving decisions for action to him, and having a definite termination, i.e., an agreed upon end of contact. If termination does not occur, a client is left feeling dependent and perhaps unsure of his abilities to cope with future problems.

Crisis Management Techniques

1. *Listen actively and with concern.*
2. *Encourage the open expression of feelings.*
3. *Help the person gain an understanding of the crisis.*
4. *Help the individual gradually accept reality.*
5. *Help the person explore new ways of coping with problems.*
6. *Link the person to a social network.*
7. *Engage the person in decision counseling.*
8. *Reinforce newly learned coping devices.*
9. *Follow the person after resolution of the crisis.*

CHAIRMAN'S MESSAGE



William B. Welch
President
The Lerio Corporation

We have always prided ourselves in having a good, healthy community. Our United Way agencies have, and continue to contribute to this healthy climate. Services provided by the 49 agencies in Mobile and Washington Counties are needed now more than ever as a result of our economy being down the past three or four years.

Recognizing this increase in need for services, our United Way goal for the 1986 campaign is \$4,671,638, which reflects an 8% increase over last year's goal. We need to—we must—strive to reach this amount this year so that we can meet the new needs of our community by providing the services that address those new problems, such as increased child abuse, the homeless, and care for the elderly.

Just as new needs were recognized and dealt with in 1954 with the introduction of One-Hour-A-Month giving (0.6%), we must recognize and deal with 1986 problems, and FAIR SHARE *Plus* (0.9%) will enable the agencies to take the action needed now on these urgent new needs in our community.

Won't you help us raise the additional dollars to meet the pressing new needs by pledging FAIR SHARE *Plus*?

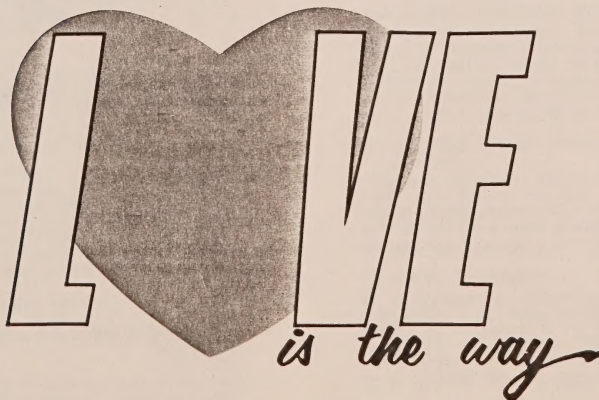
Pledge with pride and help keep our community healthy as our area now stands on the threshold of a new phase of growth, expansion and enthusiasm.

Sincerely,

William B. Welch
William B. Welch
1986 Campaign Chairman

1986 Campaign
Goal
\$4,671,638

William B. Welch CAMPAGN CHAIRMAN	Norman Hill Ellen Thomasson Billy Lassiter Fred Delchamps	1986 CAMPAIGN LEADERSHIP	CAMPAGN VICE CHAIRMEN	Division Chairmen	Support Committee Chairmen	Washington County Executive Committee	Chairman	Sid Beech	Chairman	Robert Perkins, Chatom	Rene Massey, Chatom	Wilton Bailey, McIntosh	Dr. Vivian Dearmon, Chatom	Mrs. Ray Turner, Fruitdale
Larry Wright	Greg Luce	W. Michael Amick	Carl Robertson	Gene Hodges	Ms. Adele Broughton	Max Allen	Al Chamlee	Edith Wilcox	Stanley Wilson, Chatom	S. J. Laurie, Chatom	John Armstrong, Millry	Dr. Paul Petcher, Chatom	Dick Cunningham, Chatom	
Breakthrough	Business	Cornerstone	Education	Federal	Auditing	Communications	Come & See Tours	Film Operators	Carl E. Jones, Jr.	Norman D. Hill	John R. Peavy	Dr. Charles M. Walsh	Walter L. Howell	Mrs. Meg Mattei
Health Services	Individuals	Leadership	Professional	Public Service	John R. Peavy	Kermit W. Bishop	Special Gifts	B. A. (Bernie) Fogarty, Jr.	Mrs. E. Bailey Slaton	Washington County	Women's Advance	Vanguard	Capt. B. R. Dodson	Fred Delchamps
Report Meetings	Joel Swanson	Robert J. Williams	Mark Buntn	Edward K. Patrick, Leroy	Mary Kathryn Metzger, Leroy	Jack Thompson, Chatom	Ted Beech, Frankville							



MARC ENTERPRISES

Division of the Mobile Association for Retarded Citizens, Inc. provides work projects and employment for seventy mentally retarded citizens. Manufactured products include plant sleeves, survey stakes, lattice, etc.
759 Congress Street, 36603, 432-7285

MOBILE COUNTY URBAN LEAGUE, INC. \$30,000.00
Community service organization governed by a local board, comprising a cross-section of the Mobile community. Primary purpose is to establish better opportunities for minorities, poor and handicapped, by providing assistance in Employment/Career Development, Housing, Health/Social Welfare and Administration of Justice.
321 North Warren Street, 36603, 432-1748

MOBILE PRESCHOOL FOR THE SENSORY IMPAIRED
Mobile County \$84,304.00
Washington County \$3,500.00
Serves preschool children from birth to five years of age. Sensory impaired children in Southwest Alabama receive individual and group services. Hearing and vision screenings are offered in Mobile and Washington Counties.
126 Mobile Street, 36607, 471-6262

VULNERIN CUSTODIAL HOME \$103,778.00
Provides 24-hour custodial care for persons whose mental and physical handicaps are so severe they cannot be cared for in the average home. Those eligible participate in programs provided by Mobile Association for Retarded Citizens and the Public School System.
2325 Boykin Boulevard, 36605, 471-1998

FENELOPE HOUSE, INC.
Mobile County \$45,000.00
Washington County \$2,500.00
24-hour emergency crisis shelter for battered women and their children unable to make other temporary arrangements; counseling and other supportive services are available, with an overall objective of preserving families when possible and prevention of family violence through public awareness and educational activities regarding domestic violence. Individual and group counseling for both men and women are available through the Administrative Office.
P. O. Box 6871, 36660, 432-1730, 479-8950 (Administrative)

ST. MARY'S HOME \$119,620.00
Care for children (girls 6-18, boys 6-14) with unacceptable behavior patterns and attitudes that can benefit from planned group living. Works to change behavior and reunite child and family. Provides emergency shelter care (girls, 6 mo.-16, boys, 6 mo.-12) in cooperation with local law enforcement agencies and Mobile County Department of Human Resources. Also operates a group home for 8 teenage girls.
4350 Moffat Road, 36608, 344-7733

THE SALVATION ARMY AREA COORDINATING OFFICE \$257,915.00
Provides a wide range of services to address basic human needs. Social services provide food, clothing, limited financial assistance to local families. Shelter services are provided to men, women, and children. Travelers service includes temporary shelter, food, counseling and relocation assistance. Alcoholism services include intensive treatment, rehabilitation with work therapy and transitional development; Correctional Services provide pre-release shelter and misdemeanor probation.
1009 Dauphin Street, 36604, 438-1625

THE SALVATION ARMY—Mobile
Provides recreational and social activities for youth and group activities for adults and senior citizens.
250 Union Avenue, 36607, 479-2389

THE SALVATION ARMY—Prichard
Provides emergency assistance to local families, emergency feeding during weekdays along with recreational activities and group work for adults; youth group work and family counseling.
804 W. Turner Road, Prichard, 36610, 452-2036

SENIOR CITIZENS SERVICES, INC. \$79,036.00
The major multi-purpose Senior Citizen Center for Mobile County providing comprehensive services including recreational, outreach, nutritional meal program, transportation, social services, and Hire Older Worker Employment Counseling. Sponsors the Retired Senior Volunteer Program of Mobile County. (Located in Central Plaza Towers, a project of the Mobile Housing Board.)
300-304 Bayshore Avenue, 36607, 478-3311

***SOUTHWEST ALABAMA COUNCIL ON ALCOHOLISM, INC.**
Mobile County \$61,986.00
Washington County \$2,800.00
Provides consultation to victims of alcoholism, to family and employers. Maintains public awareness, information and education programs. Prevention, intervention education and training resources available for individuals, schools, businesses, churches, civic groups and other agencies.
954 Government Street, 36604, 433-5456

*UNITED CEREBRAL PALSY OF MOBILE, INC.

Mobile County \$113,400.00
Washington County \$3,500.00
Provides comprehensive services to persons who have cerebral palsy, including: medical management (physical, occupational and speech therapy); infant stimulation and preschool; social services, recreation, respite and public education. Services provided in Washington County in cooperation with the Public School System.
1874 Pleasant Avenue, 36617, 431-2337 or 479-1234

VISITING NURSE ASSOCIATION OF MOBILE, INC. \$70,000.00
Provides home health services for the acutely and chronically ill in their homes regardless of race, creed, or financial status. Certified for Medicare and Medicaid. Services must be prescribed by a physician.
855 Selma Street, 36603, 438-4731

VOLUNTEER MOBILE, INC. \$40,232.00
Promotes and encourages voluntarism, recruits and refers volunteers to over 100 programs and organizations. Provides staff training, and orientation, consultation and maintains a Board Bank for non-profit organizations.
2504 Dauphin Street, Suite K, 36606, 479-0631

WILMER HALL CHILDREN'S HOME \$97,946.00
Provides residential care for 52 neglected and dependent children, ages 6-18, licensed by the Department of Human Resources. Individual programs are designed to meet the children's specific needs.
3811 Old Shell Rd. 36608, 342-3941

YMCA OF METROPOLITAN MOBILE, INC. (SELECTED SERVICES) \$60,000
United Way dollars do not go into the general operating budget of the YMCA. Instead, they go directly into specific services for people who need those services but do not have means to pay for them. The specific services are: After School Care, Rehabilitation Services, certain Teen services and Youth Sports and special services for Senior Citizens. These services are provided at the Ralph B. Chandler Family YMCA.
951 Downtowner Blvd. West, 36609, 344-4856

YOUNG WOMEN'S CHRISTIAN ASSOCIATION \$95,502.00
YWCA is working for women and their families by providing programs for the entire family. Health Checks is a complete wellness program; School-Mate and the Day Care Center assist working parents; Project Redirection provides requisite health care, education, family planning employability and life management services to help participants become self-sufficient.
551 Summerville Street, 36617, 471-9922

SPECIAL NOTE
The following agencies serve Washington County only.

AMERICAN RED CROSS, WASHINGTON COUNTY CHAPTER \$18,250.00
Is a multi-service agency providing disaster assistance, collection/delivery of blood/blood products; certified training in first aid, water safety, CPR and health care; many other volunteer opportunities.
P. O. Box 186, Chatom, 36518, 847-2491 or 847-2451

CATHOLIC SOCIAL SERVICES \$10,036.00
Provides individual and family assistance in assessing social needs and resource utilization; limited material assistance for emergency situations; community resource development; information and referral for service provided in the Mobile office, including unwed parent services, foster care, adoption, and professional counseling.
Chatom, Alabama 36518, 847-2708

EXCEPTIONAL CHILDREN, INC. \$12,000.00
Operates the Washington County Day Care and Training Center for mentally retarded preschool children and adults. Also operates the Section 18 Rural Public Transportation for Washington County. The program transports passengers to Chatom and the clients to the day facility for care and training.
P. O. Box 92, Millry, 36518, 846-2696 or 847-2970

WASHINGTON COUNTY MENTAL HEALTH SERVICES \$8,000.00
A division of Mobile Mental Health Center, serving all of Washington County. Provides a comprehensive program of mental health services through a full time staff in Chatom, plus specialized services available through the Mobile Center.
Chatom, Alabama 36518, 847-2301

WASHINGTON COUNTY 4-H CLUBS \$1,500.00
Is an organization of boys and girls between the ages of 9-19 pledged to improving their head, heart, hands, and health. The purpose of 4-H is to help boys and girls use their talents and to develop mentally, physically, and spiritually into tomorrow's responsible leaders.
P. O. Box 280, Chatom, 36518, 847-2295

WASHINGTON COUNTY DENTAL PROGRAM \$12,000.00
Indigent families are assisted with acute dental needs. Jointly coordinated by the Department of Human Resources and The Board of Health.
849-2248

1986 UNITED WAY AGENCIES AND ALLOCATIONS

1986 UNITED WAY AGENCIES AND ALLOCATIONS

*Serves both Mobile & Washington Counties

*ALABAMA EASTER SEAL SOCIETY

Mobile County \$90,000.00
Washington County \$1,200.00

Assists in the Crippled Children's Clinics, supports a 12 month recreational and educational camp (Camp ASCCA) for handicapped, and provides comprehensive vocational evaluation, adjustment services, and employment assistance program for the handicapped. Provides medical assistance for the disabled indigent. 2419 Gordon Smith Dr. 36617, 478-8582

AMERICAN RED CROSS, MOBILE COUNTY CHAPTER \$619,634.00

A multi-service agency providing health and safety education; disaster relief; community social services; emergency services for military families and veterans; youth leadership opportunities; blood and blood products to regional hospitals. Broad & Dauphin Streets, 36602, 438-2571

AMERICAN SOCIAL HEALTH ASSOCIATION \$1,400.00

The only national voluntary health agency assisting millions to avoid the serious consequences from incurable Herpes and other VD infections through factual information; confidential clinical referrals and vaccine research. For information, counseling, or referral call the toll-free VD National Hotline 1-800-227-8922.

BOYS CLUBS OF MOBILE \$173,600.00 Crichton Club

Provides leisure time activities and guidance by trained leadership. Promotes the health, social, educational, vocational and character development of boys. Open six days a week. 712 Rice Street (Crichton), 36607, 478-7811.

BOYS CLUBS OF MOBILE, INC. Optimist Branch

Emphasis on guidance and counseling with varied program of educational, physical and social activities. Special concern is shown for boys from low income family groups. 1517 Plaza Drive, 36605, 432-1235

CATHOLIC CHILDREN & FAMILY SERVICES \$109,864.00

Provides services to unwed parents, foster care for children and expectant mothers, adoption services, counseling for individuals, couples, families and groups, school casework, and family life enrichment. 400 Government Street, 36602, 438-1603.

CHILD DAY CARE ASSOCIATION OF MOBILE, INC. \$103,410.00 Annie Louise Harrison Center

Serves children ages 3 months-6 years, (summertime, 3 months-10 years), of working, single parents, and two career families. Excellent nutrition provided by State Child Care Food Program. Dedicated caring staff. Early Childhood Educational program. Fees based on verified income and size of family. 457 Conti Street; 36602, 433-1310

Roger Williams Center

Serves children 12 months to six years and after-school. Child care services are available through the Department of Human Resources vendor payment or the sliding fee scale. Excellent nutritional meals through the State Child Care Food Program. Child development program in preschool day care setting. 308 Simington Drive, 36617, 473-4063

CHILDREN'S DENTAL CLINIC \$24,500.00

Provides dental care to United Way recipients and residents of local group homes at no charge. Fees for dental treatment for others are based on the patient's ability to pay. Dental Health education is offered to groups and individuals upon request. 251 N. Bayou Street, 36652, 690-8140

COMMUNITY CHEST & COUNCIL OF MOBILE, INC.

A community wide volunteer organization that conducts studies of human service needs, coordinates agency programs and works to eliminate duplication of services. A Budget Committee recommends allocations for participating agencies. 218 St. Francis Street, 36602, 433-3624

CORNERSTONE, INC. \$94,531.00

Serves youngsters ages 11-17 with behavioral and emotional problems. Provides 24 hour residential treatment, with parent counseling, an essential part of the program. Length of stay is approximately 6-12 months. 4204 Halls Mill Road, 36609, 666-6005

DEARBORN YMCA \$104,822.00

Provides a broad spectrum of youth, adult and family programs. The YMCA offers preschool education, after school care, swimming, gymnastics, day camp, informal education, and senior citizens services. A caring, values-oriented organization, promotes mind, body and spirit. 321 North Warren Street, 36603, 432-4768

*DEEP SOUTH GIRL SCOUT COUNCIL

Mobile County \$135,520.00
Washington County \$5,900.00

A program of informal education designed to help girls develop a growing confidence to meet today's challenges and

to become tomorrow's competent self-assured women. Volunteer adult leaders provide positive role models for girls. Girl Scouting is open to all girls ages 5-17. 3483 Spring Hill Avenue, 36608, 344-3330

DUMAS WESLEY COMMUNITY CENTER \$99,542.00

A multi-service program for the entire family including preschool day care, adult basic education, recreation, service to the elderly, facilities for other agencies, and community outreach. 126 Mobile St., P.O. Box 7325, 36607, 479-0649

*EPILEPSY CHAPTER OF MOBILE AND GULF COAST, INC.

Mobile County \$14,027.00
Washington County \$3,000.00

Counseling, information and referral, self-help groups and social programs for seizure clients and their families. Educational programs and information for the general public. Drug program for the needy. 951 Government Street, Suite 116, 36604, 432-0170

FAMILY COUNSELING CENTER \$174,894.00

Provides counseling and guidance for families and individuals with problems. Family life education programs offered in neighborhood areas. Casework services for other community agencies. 6 South Florida Street, 36606, 471-3466

FEDERATION OF JEWISH CHARITIES \$19,496.00

Coordinates Jewish organizations which provide medical care; care for aged; services to children and families with emotional problems; casework and counseling; emergency assistance to transients; and emergency financial assistance to local residents. 3 De Mouy Avenue, 36606, 342-1450 or 479-6356

FLORENCE CRITTENTON HOME AND SERVICES \$53,281.00

Gives care and protection to young women in their out of wedlock, pregnancy. Includes prenatal care, counseling, recreational activities, arts and crafts, non denominational church services, high school, delivery at a local hospital and postnatal care. 2496 Halls Mill Road, 36606, 479-8585

GOODWILL INDUSTRIES OF MOBILE AREA, INC. \$62,250.00

Operates a rehabilitation facility where donated articles of clothing, furniture, and household items are repaired/re-finished by individuals with handicaps and are sold in five community retail stores. Goodwill industries provides employment and training opportunities for individuals with handicaps. Goodwill works toward placing graduates in local businesses and industries within our community. 2448 Gordon Smith Drive, 36617, 471-1581

*HOME OF GRACE FOR WOMEN, INC.

Mobile County \$103,080.00
Washington County \$2,000.00

Provides a Christian home and a program of spiritual recovery where women troubled with alcohol, drugs and related problems can receive spiritual guidance, education, supervised care, food, lodging, and other necessities of life in a loving, caring, and Christian atmosphere. 394 Aldock Road, Eight Mile, Alabama, 36613, 456-7807

INFORMATION AND REFERRAL SERVICES

A community service where individuals, agencies, personnel departments of industry, labor organizations—ANYONE—needing information on any health, welfare, or related problem may be directed to the agency or resource in the community which best fills their needs. I&R also attempts to identify unmet needs in the community. 218 St. Francis Street, 36602, 433-3624

MENTAL HEALTH ASSOCIATION OF MOBILE COUNTY, INC. \$50,309.00

Works for the prevention of mental illness and the promotion of mental health through programs of education and information and advocates for improved care and treatment of the mentally ill. 2504 Dauphin St., Suite A, 36606, 473-4485

*MOBILE AREA COUNCIL BOY SCOUTS OF AMERICA

Mobile County \$154,539.00
Washington County \$9,600.00

Promotes through organization and cooperation with other groups the ability of youth (boys 7-20, girls 15-20) to do things for themselves and others. Trains them in Scoutcraft, teaches patriotism, courage, self-reliance, kindred virtues and helps them explore vocations and avocations. 2587 Government Boulevard, 36606, 476-4600

MOBILE ASSOCIATION FOR THE BLIND, INC. \$48,403.00

Operates A. S. Mitchell Industries for the Blind. Evaluation, training, placement and sheltered employment services are offered for blind and handicapped individuals. 2440 Gordon Smith Drive, 36617, 473-3585

MOBILE ASSOCIATION FOR RETARDED CITIZENS, INC. \$135,121.00

Serves persons diagnosed as mentally retarded, ages 1 through adult years. Includes home training, preschool, school-age, adult adaptive behavior and adult work activity programs. Services include social services, speech, contracted physical and occupational therapy, psychological testing, group homes for adults, information and referral, and job placement. 2424 Gordon Smith Drive, 36617, 479-7409

A NEW WAY.... FAIR SHARE *Plus*

The first United Way Campaign in 1954—32 years ago—established ONE-HOUR-A-MONTH as a Fair Share gift. This standard of giving has made it possible for all of us to help meet the many needs in our community.

Needs have changed and increased, particularly in the past four economically depressed years. Today, teenagers are faced with a multitude of problems—drug and alcohol addiction — unplanned pregnancies — suicide among teenagers is at an alltime high — and, the high school dropout rate in the Mobile area is at 40%! Women and children are seeking emergency shelter. Working mothers, many times the sole support of their families, have new and increased needs. Child abuse is becoming more and more prevalent, and care for our elderly is a pressing problem.

These changing and increased needs call for action—A NEW WAY—a new direction from each of us if we are to continue to help meet the needs of our community.

To move in this new direction, the United Way is introducing A NEW WAY — FAIR SHARE *Plus*. Simply stated this is One-Hour-A-Month (0.6%) *Plus* Another one-half hour, or 0.9% of income.

Just as new needs were recognized and dealt with in 1954, we must recognize and deal with 1986 problems. FAIR SHARE *Plus* will enable the agencies to take the action needed NOW on these additional urgent needs in our community.

Consider A NEW WAY . . . and pledge FAIR SHARE *Plus*

QUESTIONS AND ANSWERS ABOUT UNITED WAY

WHAT IS THE UNITED WAY?

It is a community project organized by volunteer Mobilians for two purposes—to raise money through an annual campaign and to effectively allocate that money to the participating health, education and welfare agencies that are members of the United Way and providing essential services to those who need them in our area.

WHO OPERATES THE UNITED WAY?

People like yourself. Community minded individuals volunteer their time and effort, not only during the campaign, but throughout the entire year. Nearly 5,000 volunteers raise the money while 36 others give their time serving on the Board of Trustees, budgeting the money, advising on public relations and community planning.

WHAT IS THE OVERHEAD OF THE UNITED WAY?

8.5% is used for expenses of the campaign and for the 12-month administration of the United Way itself.

HOW MUCH MONEY REALLY GETS TO THE PARTICIPATING AGENCIES?

91.5% of the total dollars received each year goes directly to the agencies to help provide services to people.

WHO DECIDES WHERE THE MONEY GOES

Forty-two individuals voluntarily serving on three special committees decide how the money is allocated. The Budget Committee meets with representatives from each local agency in Mobile County, the Washington County Admissions and Allocations Committee meets with agencies serving that area, and the Admissions and Allocations Committee of Mobile County reviews requests from the National agencies. The services and programs of each agency are carefully studied. Recommendations of these three committees are submitted to the United Way Board of Trustees for final review and approval.

HOW DOES AN AGENCY QUALIFY TO BE INCLUDED IN THE UNITED WAY?

The agency makes a request for admission. The Admissions and Allocations Committee reviews the agency to determine if the services are needed and if the agency meets the United Way standards. Then the Committee makes recommendations to the United Way Board of Trustees for a final decision.

HOW DO I KNOW MY MONEY WILL BE USED TO HELP PEOPLE?

United Way gifts are thoroughly safeguarded from the time the pledge is signed until the money is transmitted to the

United Way agencies. Auditors account for every penny contributed to the campaign. Furthermore, the books of the United Way and all participating agencies are audited annually by Certified Public Accountants. The United Way publishes an annual report.

WHY DO SOME AGENCIES CHARGE FEES?

Money contributed to the United Way helps to provide services to those people who are not able to help themselves. For those people who have the ability to pay, a fee is charged for services on a sliding scale, based on income. Service is never denied anyone because of the inability to pay.

DOES THE UNITED WAY RUN AGENCIES?

No. Each agency is a separate, autonomous corporation with its own Board of Directors and staff who see to it that the agency performs its stated functions.

WHO PAYS FOR ALL THE ADVERTISING?

All of the Ads are created by volunteer members of the Communications Committee. Newspaper space for the Ads is sponsored by various companies in Mobile. Everything you see or hear on the other media is donated by those community minded firms as a public service to the Mobile area.

WHY HAVE LUNCHEON MEETINGS AND WHO PAYS FOR THEM?

Each year during the United Way Campaign, over 5,000 volunteers will contact over 50,000 people and give them the opportunity to make a contribution. Meetings are necessary to organize the volunteers and keep the campaign moving until all reports are in and the goal is reached. The luncheon meetings save the volunteers unnecessary time away from their jobs. Area businesses and industries, recognizing the need for the luncheon meetings, underwrite these essential meetings. This is over and above their Fair Share contributions to the campaign. NONE of the funds contributed to the campaign by employees and individuals are used to pay for these meetings.

CAN I GIVE TO THE AGENCY OF MY CHOICE?

YES! The pledge card has a provision on it for you to designate the participating agency of your choice. Fill in that information on the pledge card. The agency will contact you to verify receiving your contribution.

Annas Wesley Soc. / Ethel Clark

Dressings

Wheel chairs

Beds, etc.

WIC

Webbie Waters
Discharge Planning
SMH.



HELP LINE

CALL

476-9142

**(6 TO 12 PM.)
ANSWERING
MACHINE AT
OTHER TIMES**



HELP LINE

CALL

478-3143

OTHER TIMES
MACHINE AT
ANSWERING
(8 TO 12 PM.)



HELP LINE

CALL

476-9142



HELP LINE

CALL

478-3143

METROPOLITAN COMMUNITY CHURCH OF MOBILE
4500 Bit and Spur Road
Mobile, Alabama 36608

(205) 476-9142

Rev. Gilbert Lincoln
District Coordinator
South Atlantic District, U.F.M.C.C.
112 Bellevue Road #39
Nashville, Tennessee 37221-3561

Dear Rev. Lincoln:

In answer to the letter which we received from Ms. Mary Moore, our congregation held a meeting in which we offered three alternatives: 1. That we ask you to come to help us solve a perceived problem. 2. That we ask Ms. Moore to come. 3. That we ask both you and Ms. Moore to come. A fourth motion was made from the floor that we ask none of you to come in answer to our problem, but that we keep an invitation open to both you and Ms. Moore to come to fellowship with us at any time you desire. The congregation (5 members of 10 present, constituting a quorum) voted unanimously for the fourth motion.

Therefore, the advisory board, acting for the church, is writing this letter to advise you of the will of the church. We have polled absent members of the advisory board and asked their advice as well, and one member (the alternate delegate) abstained, since she had not been present for the meeting. The others, however, are in agreement that the church is not having a problem, but that a very small group is, and the church is having a problem with them.

We hope that you will, indeed, visit with us at a time when the financial status of the District is such that a visit to us would not create stress on the ability of the District to send you to General Conference, nor would it interfere with your secular job, nor for that matter, take you away from your friends and "significant other" on your birthday.

We want to thank you and Ms. Moore for your interest in wanting to help us solve our problem, but it truly seems to be the will of the church that we try to solve our own problem before we call in District Coordinators for assistance.

Yours in Christ,

Vivian Gillan,
Clerk

VG:
CC: Ms. D. E. Hicks
Ms. Mary Moore
Church file

MEMORANDUM FOR THE CHURCH OF NORTH
1500 1st and 2nd Sts.
Mobile, Alabama 36602

(202) 475-0112

Rev. Albert Lincoln
District Coordinator
South Atlantic District, B. 1000, C. 1
112 Bellevue Road, N.E.
Kennesaw, Tennessee 37138-1221

Dear Rev. Lincoln:

In answer to the letter which we received from Mr. Mary Moore, the congregation
held a meeting in which we offered three alternatives: 1. That we ask you to
come to help us solve a serious problem. 2. That we ask Mr. Moore to come.
3. That we ask both you and Mr. Moore to come. A fourth action was taken when
the floor was left to you to come in answer to our problem, but that we
have no invitation open to both you and Mr. Moore to come to fellowship with us
at any time you desire. The congregation (2 members) consisting
a group of people desiring for the fourth action.

Therefore, the advisory board, acting for the church, is writing this letter to
advise you of the will of the church. We have called several members of the
advisory board and asked their advice as well, and one member of the advisory
board stated, since she had not been present for the meeting. The others,
however, are in agreement that the church is not having a problem. But that a very
small group is, and the church is having a problem with them.

We hope that you will, indeed, visit with us at a time when the church is
of the church is such that a visit to us would not cause stress in the church.
of the church is such that you to General Conference, we would be interested with you
regular help for that matter, take you away from your friends and "difficult
others" in your ministry.

We want to thank you and Mr. Moore for your interest in writing to help us solve
our problem, but it truly seems to be the will of the church that we not solve
our own problem. Hence, we call in District Coordinators for assistance.

Yours in Christ,

Vivian Miller
Pastor

cc: Mr. & Mrs. Moore
Church File